





SAMPLE WEEKLY MENU

28 DIETITIAN DESIGNED MENU ITEMS INCLUDING BREAKFAST, LUNCH, DINNER AND SNACKS FOR 7 DAYS*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	 Malty grain	 Nut, Seed & Vanilla Bar	 Toasted Berry Muesli	 Ham & Egg Muffin	 Flakes & Fibre Cereal	 Waffles	 Wholemeal Pancakes
LUNCH	 Beef Pie	 Vegetable Tortellini	 Spaghetti Bolognese	 Tuna Baked Potato	 Ham & Cheese Toastie	 Pumpkin Soup	 Roasted Veggie All Round
DINNER	 Chicken Fettuccine	 Crumbled Fish & Wedges	 Chicken Satay	 Beef Pastie	 Cottage Pie	 Chicken Parmigiana	 Quiche Lorraine
SNACK	 Salted Caramel Nut Bar	 Sweet Chilli & Sour Cream Chips	 White Chocolate Cranberry Cookie	 Choc Chip Bites	 Light & Tangy Veggie Crisps	 Sticky Date Pudding	 BBQ Bites

*Images shown are serving suggestions only